

Inventors: Alexander Greenspan et al.
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ABSTRACT

[0058] An exercise device comprising a base and a platform rotatably tiltably connected to the base, wherein the invention includes a first continuous passive motion embodiment and a second continuous active motion embodiment. The continuous passive motion exercise device (e.g. non-motorized) may utilize the nested engagement of a concave surface located in the base and a convex surface extending from the platform to provide a rotatable tiltable connection therebetween. The device may also utilize at least one roller bearing located within the base to assist in permitting the rotatable tiltable motion of the platform relative to the base. The continuous active motion exercise device (e.g. motorized) utilizes a motor housed within the base to drive the rotatably tiltably connected platform.